
























Youfemism 28-Day Cycle Tracker

Follow this rhythm to support your natural hormone balance.
Apply Youfemism from days 15–28.

DAY TO DAY	YES/NO	Notes (Mood, Symptoms, Spotting, etc.)
 DAY 1		
 DAY 2		
 DAY 3		
 DAY 4		
 DAY 6		
 DAY 7		
 DAY 8		
 DAY 9		
 DAY 10		
 DAY 11		
 DAY 12		
 DAY 13		
 DAY 14		
 DAY 15		
 DAY 16		
 DAY 17		
 DAY 18		
 DAY 19		
 DAY 20		
 DAY 21		
 DAY 22		
 DAY 23		
 DAY 24		
 DAY 25		
 DAY 26		
 DAY 27		
DAY 28		